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# KEENAGER *'Young At Heart'* NEWS

September and  
October 2025

Volume No. 57  
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A Publication of **Catholic Charities** of the Archdiocese of Chicago

## Community meals provide good food and connection

“Real napkins and real people” have kept Janice Roth, 80, of Grayslake coming back to Catholic Charities senior community meals in Lake County over the last four years.

“Where else can you get a full meal with ham, rice, mixed vegetables, salad, and dessert, for \$7?” she said, adding, “Plus, it’s fun coming here, and you always feel welcome.”

For more than three decades, Catholic Charities has been serving hot meals in community gathering places for adults ages 60 and older. These senior community meals provide opportunities for socialization, activity, and resources on healthy aging so seniors can remain independent and connected. Meals are offered across Lake County at seven partner sites. In June, longtime Catholic Charities partner Maravela’s Banquet Hall & Catering in Fox Lake hosted a luau, complete with a Hawaiian menu and artificial flower leis for the more than 150 guests.



*Photo by Kathleen Hinkel*

*More than 150 seniors gathered June 23 for a luau-themed lunch at Maravela’s Banquet Hall & Catering in Fox Lake. Catholic Charities hosts weekly meals throughout Lake County to build connections and community.*

**CONTINUED ON PAGE 8**

### Greetings from the Editor

**ELIZABETH OWENS-SCHIELE**



Happy Labor Day! I hope each of you had a wonderful summer and I bet you’re ready for some cooler temperatures this fall!

In this issue, you’ll find the latest news from Catholic Charities, including how our senior community meals provide socialization and connection to many living in Lake County, along with a couple who met at one of these meals, got engaged, and continue to volunteer every month. Discover how Catholic Charities’ drivers Ramiro and Shariff deliver not only hot meals every weekday to seniors in Lake County but offer compassion and well-being checks to those who live alone, including four women who shared their stories with us. Hear from the director of these senior programs, Brenda Meyer, in the Voice of Charity column. Explore the spiritual guidance offered by John DeCostanza, Vice President of Faith and Mission at Catholic Charities of the Archdiocese of Chicago. Check out our word search and best ever pumpkin cookie recipe just in time for Halloween. Thank you for reading!

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## SPECIAL DATES

## September 2025

Birthstone: **Sapphire**

Flower: **Aster and Morning Glory**

**9/1** Labor Day  
**9/2** VJ Day, WWII  
**9/7** Grandparents Day  
**9/11** 9/11 Remembrance Day  
**9/23** Rosh Hashanah

## October 2025

Birthstone: **Opal and Tourmaline**

Flower: **Marigold and Cosmos**

**10/1** International Day of Older Persons  
**10/2** Yom Kippur  
**10/13** Columbus Day/Native American's Day/Indigenous People's Day  
**10/18** Sweetest Day  
**10/31** Halloween

For more news and information about events, visit [catholiccharities.net](http://catholiccharities.net)

## 6 Tips to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable.

- 1. Find a good exercise program to build balance, strength, and flexibility.**
- 2. Ask your health care provider to conduct an assessment to determine your risk of falling.**
- 3. Regularly review your medications with your doctor and pharmacist to ensure side effects are not increasing your risk of falling. Take medication only as prescribed.**
- 4. Get your vision and hearing checked annually and update your eyeglasses.**
- 5. Keep your home safe by removing tripping hazards, increasing lighting, and installing grab bars in key areas, particularly on stairs.**
- 6. Enlist your family members to take these simple steps to stay safe.**

*Courtesy of the National Council on Aging*

*To learn more, visit [ncoa.org/fallsprevention](http://ncoa.org/fallsprevention)*

## Upcoming Events

**Art of Caring**  
**Friday, September 26, 2025, 6 p.m.**

*Knollwood Club,  
Lake Forest*

Join the Women's Board of Catholic Charities, Lake County to support the critical work underway in Lake County.

**Partner Gathering**  
**Tuesday, September 30, 2025, 6 p.m.**

*St. Thomas the Apostle Catholic Church,  
Hyde Park*

Connect with other partners dedicated to our mission and learn more about our work on Chicago's south side from CEO Sally Blount.

**After Supper Visions**  
**Friday, October 3, 2025, 5 p.m.**

*St. Vincent Hall, Chicago*

Meet the artists at this annual photography exhibit and consider buying a print.



**Mass & Mission**  
**Sunday, October 19, 2025, 10 a.m.**

*St. Teresa of Avila, Chicago*

Celebrate Mass, then meet our program leaders to learn more about the impact of our work.

**Glow of Hope Brunch**  
**Sunday, November 2, 2025, 12 p.m.**

*Four Seasons Hotel,  
Chicago*

Join the Women's Board in supporting domestic violence survivors served through our House of the Good Shepherd ministry.

**Spirit of Saint Nicholas Ball**  
**Friday, December 5, 2025, 6:30 p.m.**

*Hilton Chicago*

Mark your calendars for the holiday event of the season, the Spirit of Saint Nicholas Ball!

Learn more or register for an event at:  
**[catholiccharities.net/attend-an-event](http://catholiccharities.net/attend-an-event)**



## Delivering hot meals and compassion to seniors' doorsteps

### Voice of Catholic Charities

**BRENDA MEYER**

Director of Senior Meals and Nutrition, Lake County



Every weekday in Lake County, our team delivers hot, dietitian-approved meals to 800 homebound seniors. But it's more than nourishment — it's companionship, well-being checks, and a lifeline for people facing isolation, health challenges, and food insecurity.

Stepping into the role of director of senior meals and nutrition at Catholic Charities of the Archdiocese of Chicago four years ago has taught me how critical these meals and these visits are — especially for people who can't leave their homes on their own, can't cook for themselves, or don't have family to support them. Even when it's 20 degrees below zero, our drivers keep hot meals hot and spirits warm, forming relationships born of compassion and trust.

Being isolated can lead to loneliness and depression. I'm filled with tears of happiness when I think about the joy we're bringing people as we feed them. Our drivers have relationships with our seniors, so it's important for us to have compassionate, loving, caring, diligent people on our staff. Sometimes, these visits can be a matter of life and death for seniors facing medical issues and depression, and that's why it's so important that our drivers are there to bring them meals, do well-being checks, look after them, and connect them to resources if their home is in disarray or they need caregiving services.



*Photo by Kathleen Hinkel*

*Shariff Banks was served by Catholic Charities as a child and has returned to serve Lake County seniors with meals.*

Participants in our home-delivered meal program are 60 years or older, homebound, and often manage medical conditions. Each weekday, year-round, they receive one hot meal, along with a cold lunch. Menus are catered by Maravela's Banquets & Catering in Fox Lake.

I've helped our drivers deliver meals and understand what challenges they face day to day, particularly during inclement weather. It's life changing to be able to get the meal to each person we serve, no matter what the conditions are. Some days, we're the only people they see.

One hot day this past June, our driver found her frail client who suffered from dementia wandering alone two blocks from home and guided the client home. That hot meal wasn't just food — it was a lifesaving connection. This program sounds simple, but you need to have a relationship with the seniors we serve. We see them. If they need us, we're here for them.

In addition to our home-delivered meals, we host congregate meals for seniors regularly throughout Lake County. Catholic Charities provides healthy, nutritious meals and a sense of community. Seniors gather, eat, commiserate, laugh, do puzzles, join raffles, and enjoy an uplifting event. We're so glad they're there. Seniors

who participate stimulate their minds, find comfort in the presence of peers, enjoy meeting younger staff who smile, ask how they are and if they're enjoying their meal — it's a beautiful event to witness. I know how important the work we do is to the seniors we serve. Every day, my team helps older adults age in place with dignity. I love being part of a team of compassionate individuals who embrace their roles in supporting seniors. Together, we provide not only nutrition but also keep people connected — making sure they know we're here, we see them, and they continue to matter to us and are a vital part of our community.

*Brenda Meyer is Director of Senior Meals and Nutrition in Lake County for Catholic Charities of the Archdiocese of Chicago.*



*Photo by Kathleen Hinkel*

*Driver Ramiro Gonzalez Avila accompanies the seniors he serves with compassion.*

### † ST. JUDE NOVENA

*May the Sacred Heart of Jesus be adored, glorified, loved, and preserved throughout the world, now and forever.  
Sacred Heart of Jesus have mercy on us;  
St. Jude, worker of miracles, pray for us;  
St. Jude, helper of the hopeless, pray for us*

### PSB

The Novena is a nine-day devotion. Say the prayer nine times a day. If you would like to acknowledge your gratitude for its influence in your request, contact Keenager News at [keenager@catholiccharities.net](mailto:keenager@catholiccharities.net) and we will include your initials in the publication of this Novena. No payment required.

## Remember, we are all cherished by God

### Words for the Spirit

**JOHN DECOSTANZA**

Vice President,  
Faith and Mission



Recently, a priest friend shared a story during a funeral homily, and he's given me permission to pass it along:

One day, a bright, curious, four-year-old boy who dearly loved his baby sister, asked his parents if he could speak with her alone. Though they found it odd, they agreed — standing just outside her bedroom door, eager to listen. After a minute or two of silence, they gently opened the door and found their son standing by the crib, holding his sister's hand. He looked at her and said, "Who are you? Where are you from? I'm beginning to forget."

Those questions struck me: "Who am I? Where am I from?" I've been asking them my whole life, and I suspect you've asked similar questions of yourself.

When life's demands pile up, why do we lose sight of who we truly are? We dive into tasks, commitments, routines — and later wonder, "Why am I doing this?" In the hustle and bustle, I drift asleep to the reality of my Source. I begin to forget that God made me and that I come from God. Even worse, I sometimes lose sight of the Christian purpose to return to God. Every action and choice are part of that ongoing relationship. With Jesus by my side, there is no middle ground. I either remember who I am, or I don't.

When I center myself in the love that is God's very self, I find peace and harmony. My life feels aligned and connected to a reality I cannot see but know is always with me. That connection shows up in a conversation with a neighbor or in the patient commitment I bring to my children — even when parenting is hard.

***"With Jesus by my side, there is no middle ground. I either remember who I am, or I don't."***

Sometimes, I forget that I belong to God and that means I am immensely, unimaginably loved. In those moments, my life can slip through my fingers. My schedule may take control. I might hear other people's voices — uttering falsehoods — as a loud echo. We all have moments when we struggle to see goodness in ourselves and others.

***"When I center myself in the love that is God's very self, I find peace and harmony."***

We are forever held in love, inseparably connected to the One who never lets us go.

I need to be like that little boy: Simply asking someone I love — and who loves me — to help me remember that I am cherished. I experience God's love through others. If I pay attention, I see the loving embrace of God in extended arms reaching through barriers — just as that boy reached through the crib bars to his sister. I'm called to notice those moments for myself and for those around me.

If you feel this struggle, know you're not alone. Life can make us forget, but when we see love right in front of us — sometimes beyond the walls we build — we can ask someone to help us remember. Jesus is always there, reaching out. We just have to remember to take his hand.

*John DeCostanza is the Vice President of Faith and Mission for Catholic Charities of the Archdiocese of Chicago.*

### Are you 55 or older?

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## Empowering single parents to achieve self-sufficiency

Catholic Charities' Family Self-Sufficiency Program supports single parents from low-income households as they advance their career, housing, and financial goals and work toward long-term independence.

In the last year, 93% of those served in the Lake County FSS program obtained or maintained stable housing and 67% of clients secured employment. Work underway to renew the program aims to further improve outcomes, maximize long-term impact, and serve more families.

### Supporting single parents toward lasting independence

With support and accompaniment, single parents served through the FSS program overcome health, employment, housing, and other life challenges and learn how to navigate community resources to find support and maintain stable housing. They earn job certificates, secure full-time employment, and often for the first time, save up for or successfully buy a first home:

- Lisa\* left a toxic relationship, overcame homelessness, and recently moved into a new apartment.
- Carolina\* is completing her bachelor's degree in education, purchased land, and is planning a move across the country.
- Sarah\* bought a new vehicle after experiencing a car accident and reset her credit score.
- Leticia\* has built up her savings and is sending her child to college.

Since she joined the program, Paulette has maintained steady employment as a bus driver, enabling her to support herself and her daughter.



Photos by Natalie Battaglia

The case management team in Lake County supports participants in the Family Self-Sufficiency Program.



"I am truly grateful for all the help and guidance that was shown to me and my children as we navigated through the program," says Paulette, who recently completed the program. "The program was instrumental in helping me achieve my goal of self-sufficiency, and I learned so much from the Saturday morning, in-person sessions on self-care, credit building, home ownership, remaining debt-free, and even gardening."

"Thank you for all your support and guidance, I truly appreciate all your hard work."



Photos by Natalie Battaglia

Paulette, (above) with her daughter, Kellie, and Charles (left), are 2025 graduates of the Family Self-Sufficiency Program.

Reagan Piechowski took over as program manager in February and is coordinating the case management team in supporting the program's current participants.

### "A domino effect"

"I think it's important to recognize the achievements people complete with us," Reagan says. "This is a domino effect: We help participants, and they go back to their communities and help others find food pantries, financial assistance and education, continuing education, employment, mental and physical health resources."

Not only are they able to connect in the community to get what they need — they leave the program ready to help others in need find resources and support.

"The commitment these individuals make to change their lives and the lives of their children in the most positive way cannot be overstated," says Laura. "It is an honor to accompany them. We are excited about their futures and about the future of our program."

\*Name changed for privacy

## Drivers deliver compassion with a hot meal

On one of the hottest days of the year, Catholic Charities' driver Ramiro Gonzalez Avila knocks on the doors of seniors living in Lake County — some without air conditioning — and delivers a smile and a hot meal.

Some of the people he serves are private, extending their hands from behind their apartment door to accept their meal or stepping into the hallway and closing the door to their apartment behind them. Others open their doors wide for Ramiro, invite him in, and welcome his company.

### A Day with Ramiro

Ramiro has been a driver for the senior home-delivered meals program for 12 years.

"I love it, and I still have time for my grandkids, three boys and three girls," says Ramiro, 71, who babysits the youngest grandchild, a 7-year-old girl, daily with his wife.

He starts his day at 8:30 a.m., loads up his hot truck with enough meals for the 54 seniors he visits every Monday through Friday. Many of them are in their 80s and 90s. Some are much younger, yet disabled, on fixed incomes, and in need of the meal. Ramiro travels to apartments in Waukegan and Zion, mobile homes in Beach Park, and to some areas in North Chicago. He never knows what he will encounter each day on his route, but he brings his smile to everyone he meets.

"They're like family," Ramiro says of the seniors he serves. "For some people, I'm the only person they see — no daughters or sons visiting for months. That's why, every day, they're so happy to see me. We talk about the weather, we talk about some sickness they have, but the main thing is, I ask, 'Are you OK?'"

### "It's an eye opener"

Ramiro and his fellow drivers for Catholic Charities' senior home-delivered meals program deliver so much more than a hot meal five days a week. They conduct well-being checks and brighten the days of the more than 800 adults age 60 and older whom they serve every weekday in Lake County.

"Sometimes the seniors we serve don't have family, or friends, or the right resources," says Valery Hernandez, Program Manager of Nutrition for Senior Meals in Lake County. "Sometimes when the driver makes a delivery, he may be the only person they see in a few weeks. This gets them out of their shell and gets them to know the driver.

"It's also a wellness check we deliver to them," Valery says. "The driver looks into the house, sees the living conditions, and reports back to us. We get in touch with the senior to see if there are other resources they need."

One hot day this past June, a driver found her frail client who suffered from dementia wandering alone two blocks from home and guided the client safely home.

"There's so many different limbs to this program, it's an eye opener," says Brenda Meyer, Director of Senior Meals and Nutrition in Lake County. "It sounds easy, but you need to have a relationship with the people we serve. We see them. If they need us, we're here for them."

### Serving with compassion

There have been times when Ramiro found seniors on the floor. He even found a man once who had passed away in his favorite chair.

"He was so kind," Ramiro says, "he'd give me a donut and coffee."

Many of the people Ramiro serves plan their days around his visit and appreciate his consistency and the predictability of his visits.



Photo by Kathleen Hinkel

Catholic Charities driver Ramiro Gonzalez Avila delivers compassion with a hot meal to seniors in Lake County weekly.

Ramiro reminds his seniors at the end of every week, "Today is Friday, don't wait for me tomorrow," but they forget," he says.

And then Ramiro loads up his truck again every Monday, bringing his winning smile to 54 doors.

### Eligibility Requirements

In order to qualify for home-delivered meals in Lake County, participants must:

- Be 60 years or older
- Homebound and unable to shop at a grocery store or food pantry
- Suffer from a medical condition, live alone with no family in the area
- Unable to maintain personal hygiene
- Struggle with housework, laundry, managing finances or medication independently
- Experience difficulty in maintaining a healthy diet or eating.

Participants are initially identified and referred by the Catholic Charities Care Coordination Unit (CCU) in Lake County. Participation is not based on financial means.



“If I have an emergency, he’d be the person I call.”

— **Rafaela**

Rafaela, 68, was released from a nursing home last October and now lives independently in a small, Waukegan apartment. She receives weekly meals delivered to her at home by Catholic Charities’ driver Ramiro Gonzalez Avila. “He’s very kind,” Rafaela says through tears. “I’m having a hard time with money, and it helps a lot.”



“These healthy meals are needed. With seniors being on fixed incomes and medication costs so high, if you don’t get the right balance, it can put you behind the eight ball. I thank God for Catholic Charities.”

— **Beverly**

Beverly, 67, is on a fixed income and a strict diet. The former taxi driver has been relying on Catholic Charities’ home-delivered meals for the last two years. “The service has been really good. It’s consistent healthy meals,” she says. “It’s helped me, too, with my weight-loss journey.” Beverly watches what she eats because she has diabetes. She has lost 95 pounds in the last 16 months, and the home-delivered meals help her eat clean.



“You never know what somebody’s going through. To have somebody to chat with, smile, laugh and talk with, it’s a great thing. I look forward to hearing that beep [at the door] and coming out to just say hello.”

— **Erma**

Last year Erma, 64, moved in with her mother to care for her before her mom passed. The Alabama native doesn’t have children of her own, but Erma now lives with her nephew, sharing the veggies and fruit from her home-delivered meals with her 4-year-old niece, whom she babysits often. “They’re good meals, they last, it’s enough for two meals a day. It comes in handy.” Beyond the food, Erma enjoys the routine visits from her driver. “He’s a great conversationalist. I look forward to seeing him every morning.”



“I never knew his name, but I always see his smile. It’s important that he checks on me. When he knocks and sees me sitting on the couch, he knows I’m still alive.”

— **Beulah**

The only high school graduate of 12 children, Beulah moved from Mississippi to Chicago with her sisters in the 1960s. Months after graduating with a master’s degree in healthcare, she suffered a heart attack and could no longer work. The mother of two children, Beulah lost her son to gun violence in 2008 and is now raising her 18-month-old great grandson in her Waukegan apartment. Beulah has relied on Catholic Charities home-delivered meals for six years and has been supported by the care coordination team for more than 10 years.

CONTINUED FROM PAGE 1

**Making community connections**

Lack of social contact and isolation are not uncommon for older adults who live alone. According to a University of Michigan 2023 National Poll on Healthy Aging, one in three adults ages 50 to 80 reported feeling isolated from others, feeling a lack of companionship in the last year, and having a lack of contact with people outside of their home, sometimes only once a week. Catholic Charities identified this need for accompaniment and introduced the community meals to further support older adults so they can age with dignity.

"I don't know what I would do if I didn't have this to come to," said Janice Sinkovec, 92, who joins Janice Roth and other friends twice a month at Maravela's. "I really look forward to it and the food is so good."

Even though the friends see each other weekly, they still make it a priority to coordinate rides to these luncheons so all can attend.

"It's important to rub elbows here because it's a different environment and you see other people," Janice Roth said. "I can't even tell you how gratifying it is that you can talk to anybody in the room, and most people will talk back to you."



Photo by Kathleen Hinkel

Maravela's Banquet Hall & Catering in Fox Lake provided a buffet of ham, rice, mixed vegetables, salad, and dessert for guests to the luau.



Photo by Kathleen Hinkel

Many Lake County older adults look forward to the socialization and connection they find at bi-weekly community meals hosted by Catholic Charities of the Archdiocese of Chicago.

Twins Keith and Kenneth Prible, 72, of Antioch, have been coming to senior community meals since they retired at age 55.

"You lose a whole network of friends when you leave work," Keith said, adding they now know about 80% of the luncheon guests each month. "When seniors get together, we hear about more events and more social gatherings we can attend. You meet people, you connect with people. "The Prible brothers said they enjoy the socializing and great food, plus the themes are fun. They're looking forward to the next country-western

event and are hoping for a disco theme in the future.

Gerry Cushing, 83, of Antioch, has been volunteering at the meals for the last nine years.

"I like the socialization and the people," said Gerry, who met her fiancé, John Schintgen, at a Catholic Charities Leap Year Dance in 2016 at Maravela's Banquet Hall & Catering in Fox Lake. "It's always fun, you're always meeting someone new, learning something new. Sometimes, you put a smile on the face of someone who isn't smiling."

**LAKE COUNTY SENIOR COMMUNITY MEALS**

**MONDAYS**, 11:00 a.m., Island Lake Cafe, 310 E. State Road, Island Lake; and 12:00 p.m. bi-weekly at the Patricia A. Jones Center, 414 S. Lewis Ave., Waukegan

**TUESDAYS**, 12:00 p.m. bi-weekly Foss Park District, 1730 Lewis Ave., North Chicago

**WEDNESDAYS**, 11:45 a.m., Hanul Family Alliance, 2900 N. Main St., Buffalo Grove

**THURSDAYS**, 12:00 p.m. Schreiber Center, 101 N. Cedar Lake Road, Round Lake

**MONTHLY**, Maravela's Banquet Hall & Catering, 4 Washington St., Fox Lake

**MONTHLY**, Lamb's Farm, 14245 W. Rockland Road, Libertyville

For more information and to make reservations, call (847) 782-4170.

# When moms succeed, children thrive



**“After I pay the rent on the first, I’ll start shopping for school clothes and school supplies, but I have not moved forward with that yet. I’m praying and putting it all in perspective.”**

**— Kay, a single mom and recent graduate of the New Hope program**

This school year, Kay\* — a single mom and recent graduate of Catholic Charities’ New Hope Apartments — will have a son entering third grade, another in day care, and an oldest daughter starting her first year of college out of state. The prospect of back-to-school costs is looming.

“That has been on my mind,” Kay says. “School is starting back soon. I’m trying to save up a little each paycheck.”

But financially, it is a struggle. Kay works full-time and is studying for a more lucrative career in nursing. Catholic Charities’ New Hope Apartments absorbed the burden of rent for the family for 24 months, giving Kay and her kids stable housing so she could focus on being a mom, working, and studying.

“Sometimes, as a mom, you have to make a tough decision,” Kay says. She is prioritizing her kids’ needs over hers, hoping to set aside a little money before school begins and giving her daughter her laptop to take to college.

With your support, we provide mothers with resources to secure stable housing, safety, and essentials so their children can thrive in school this month and beyond. Your gift today shapes their tomorrow – **join us!**



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## Affordable Housing for Seniors, Veterans, and Persons with Disabilities

### INDEPENDENT SENIORS

**St. Ailbe Faith Apartments**  
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Chicago, IL 60619  
(773) 721-0903

**St. Ailbe Love Apartments**  
9240 S. Kimbark Avenue  
Chicago, IL 60619  
(773) 721-0903

**Bernardin Manor**  
1700 Memorial Drive  
Calumet City, IL 60409  
(708) 832-1700

**Matthew Manor**  
271 N. Albany Avenue  
Chicago, IL 60612  
(773) 533-0001

**St. Francis Of Assisi Residence**  
12218 S. Will-Cook Road  
Palos Park, IL 60464  
(630) 343-1880

**Frances Manor**  
1270 E. Golf Road  
Des Plaines, IL 60016  
(847) 390-1270

**Ozanam Village**  
251 N. Albany Avenue  
Chicago, IL 60612  
(773) 533-0001

**Donald W. Kent Residence**  
100 S. Wolf Road  
Northlake, IL 60164  
(708) 409-4710

**Lawrence Manor**  
21425 Southwick Drive  
Matteson, IL 60443  
(708) 481-1200

**St. Vincent De Paul Residence**  
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(773) 539-2660

### SHORT WAITLIST/INDEPENDENT SENIORS

**All Saints Residence**  
11701 S. State Street  
Chicago, IL 60628  
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**Porta Coeli Residence**  
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(773) 374-2470

**St. Brendan Apartments**  
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**St. Sabina Elders Village**  
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Chicago, IL 60620  
(773) 994-7850

**St. Peter Claver Courts**  
14115 S. Claire Blvd.  
Robbins, IL 60472  
(708) 389-1570

### HOMELESS VETERANS

**St. Leo Residence\*\*\***  
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Chicago, IL 60620  
(773) 651-9950

**St. Ailbe Hope Apartments\*\***  
9101-9103 S. Harper Avenue  
Chicago, IL 60619  
(773) 721-0903

**Hayes Manor\***  
1211 W. Marquette Road  
Chicago, IL 60636  
(773) 873-7400

### PERSONS WITH DISABILITIES

**Roseland Manor\***  
11717 S. State Street  
Chicago, IL 60628  
(773) 995-9000

**Pope John Paul II Residence\*\***  
7741 S. Emerald Avenue  
Chicago, IL 60620  
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**Applications may be obtained by calling the properties directly.**

#### ELIGIBILITY REQUIREMENTS

- Head of Household, Co-Head or Spouse must be at least 62 (for affordable senior housing only)
- Rent & utilities will be 30% of adjusted gross income.

#### CURRENT INCOME LIMITS

- \$39,250 for one person**
- \$44,850 for two persons**
- 1 bedroom apartments – 2 persons per unit

\* These properties accepting senior (62 years or older) applicants AND applicants 18 years or older with a verifiable disability and a need for the features of an accessible unit.

\*\* These properties ONLY accept applicants 18 years or older with a verifiable physical disability and a need for the features of an accessible unit.

\*\*\* This property has single room occupancy units with a preference for homeless Veterans 18 years or older.



For more information regarding housing call (312) 655-7440  
TTY for all properties listed (312) 948-6992

[www.catholiccharities.net/housing](http://www.catholiccharities.net/housing)



Eligibility for residency will not be based on race, color, religion, national origin, marital status, age, familial status or disability.

## WORD SEARCH

Answers are found forward, backward, up, down, and diagonal

U T S R A V E N O H P O L Y X X Y M  
 M E T E C H N A G R O W F L U T E G  
 S N E C C C T A K I A L A L A B U F  
 I I N O O O E T R U M P E T X I E M  
 T R A R R R N Q K A Z O O M T W A T  
 A A T D D N I E B U G L E A I N B A  
 R L S E I E P F H F H O R L D H I M  
 W C A R O T S A Y L A C H O Q J C B  
 O H C G N E R N B A R C L T U B A O  
 C U I H O M O A E N P I A C K D T U  
 A I Y S O J S B E I N P V L U R V R  
 R C K N T S N L O G C E L L O I L I  
 I E I U O L E A H R C V C M O I Q N  
 N C T O O L E O B I I I B L U F V E  
 A F N U U Z R Y L V M O I L U R H T  
 I V L K L N U Z J E N N G N O G D U  
 W W U P I A N O R E S E P I P G A B  
 M E F I F L L E B R T R I A N G L E

### Play it Again

- |                                 |                                    |
|---------------------------------|------------------------------------|
| <input type="radio"/> ACCORDION | <input type="radio"/> KAZOO        |
| <input type="radio"/> BAGPIPES  | <input type="radio"/> LUTE         |
| <input type="radio"/> BALALAIKA | <input type="radio"/> MANDOLIN     |
| <input type="radio"/> BANJO     | <input type="radio"/> OBOE         |
| <input type="radio"/> BASSOON   | <input type="radio"/> OCARINA      |
| <input type="radio"/> BELL      | <input type="radio"/> ORGAN        |
| <input type="radio"/> BOUZOUKI  | <input type="radio"/> PIANO        |
| <input type="radio"/> BUGLE     | <input type="radio"/> PICCOLO      |
| <input type="radio"/> CASTANETS | <input type="radio"/> RECORDER     |
| <input type="radio"/> CELLO     | <input type="radio"/> SITAR SPINET |
| <input type="radio"/> CHIME     | <input type="radio"/> TAMBOURINE   |
| <input type="radio"/> CLARINET  | <input type="radio"/> TRIANGLE     |
| <input type="radio"/> CORNET    | <input type="radio"/> TROMBONE     |
| <input type="radio"/> DRUM      | <input type="radio"/> TRUMPET      |
| <input type="radio"/> DULCIMER  | <input type="radio"/> TUBA         |
| <input type="radio"/> FIFE      | <input type="radio"/> UKULELE      |
| <input type="radio"/> FLUTE     | <input type="radio"/> VIOLA        |
| <input type="radio"/> GONG      | <input type="radio"/> VIOLIN       |
| <input type="radio"/> GUITAR    | <input type="radio"/> VIRGINAL     |
| <input type="radio"/> HARMONICA | <input type="radio"/> WHISTLE      |
| <input type="radio"/> HARP      | <input type="radio"/> XYLOPHONE    |
| <input type="radio"/> HORN      |                                    |

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from *The Recipe Box*

Do you have a recipe you would like to share with Keenager readers? Feel free to email us at [keenager@catholiccharities.net](mailto:keenager@catholiccharities.net)

**Best Ever Pumpkin Cookie**

**INGREDIENTS**

**\*\*\*For the cookies:\*\*\***

- 1/2 cup butter, softened
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar
- 1 egg
- 1 cup pumpkin puree, not pumpkin pie filling
- 1 teaspoon pure vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon pumpkin pie spice, plus more for dusting
- 1/2 teaspoon baking soda

**PREPARATION**

**Time: 30 minutes**

**Yield: 24 servings**

**Step 1**

Preheat the oven to 350 degrees F.

**Step 2**

Line a large baking sheet with parchment paper.

**Step 3**

In a large bowl, beat the butter, the granulated sugar, and the brown sugar together until well-mixed.

Use a paddle attachment if using a stand mixer.

**Step 4**

With the mixer on low speed, add in the egg, the pumpkin puree, and 1 teaspoon of the vanilla extract.

**Step 5**

Still at low speed, slowly add in the flour, the pumpkin pie spice, and the baking soda to the pumpkin mixture, mixing until just combined and careful not to overmix.

**Step 6**

Scoop out 1-inch balls of the dough onto the prepared baking sheet, placing them about 2 inches apart and pressing them down gently to flatten.



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**\*\*\*For the cream cheese frosting:\*\*\***

- 8 ounces cream cheese, softened
- 2 cups confectioners' sugar
- 1 teaspoon pure vanilla extract

**Step 7**

Bake until the edges are golden brown and the center is set, about 10-12 minutes.

**Step 8**

Transfer the cookies to a wire rack to cool.

**Step 9**

Beat the softened cream cheese on medium speed until smooth, about 30 seconds.

**Step 10**

With the mixer on low, slowly add in the confectioners' sugar to the cream cheese, about 1/4 cup at a time.

**Step 11**

Add the remaining vanilla to the fully combined cream cheese mixture and mix to combine, scraping down the sides of the bowl as needed.

**Step 12**

Frost each cooled cookie with 1 tablespoon of the icing and a light dusting of the pumpkin pie spice.

**Step 13**

Serve.

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Check out [bigrecipe.com](http://bigrecipe.com) for more delicious recipes. Recipe reprinted with permission from BigRecipe

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# Meals bring couples together



Photo by Kathleen Hinkel

Gerry Cushing (left) and John Schintgen met at a senior community meal and are now engaged.

Gerry Cushing and John Schintgen have Catholic Charities to thank for bringing them together. They've been engaged for seven years, and although they don't plan to marry, they are committed to one another and to Catholic Charities — where they have served as volunteers for more than nine years.

The Antioch couple met at a Catholic Charities Leap Year Dance in 2016. They started volunteering together and would arrive early once a week for the Catholic Charities senior community meals to help set up, then serve lunch to dozens of guests, and afterward, clean up the hall. Now, they assist with checking in and collecting donations at Maravela's Banquet Hall & Catering in Fox Lake.

"It keeps us active," says Gerry, 83, of volunteering for Catholic Charities. "You meet new friends, that's what I like about it. It's always something new."

The couple greets more than 150 guests as they arrive for the luncheon, collecting the suggested \$7 lunch donation.

"Some guests say, 'I don't have it,' or 'Sorry, I forgot it,' and we say, 'Don't worry about it, enjoy your meal. That's what we're here for. If you can give more next time, do it,'" Gerry says. "We want them to come in and enjoy."

John, 87, has been coming to senior community meals for 20 years.

"If I didn't like it, I wouldn't be doing it," he says. "I enjoy the people, and it's important to keep yourself going and busy."

## KEENAGER NEWS

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Catholic Charities partners with mission-driven people and organizations across Cook and Lake counties to witness a message of mercy and hope to a world in need. We are called to serve and accompany anyone, regardless of their faith, gender, race, or ethnicity.



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## Birthdays and Anniversaries

To protect the personal information of our readers, we list the first names and last initials of all who have submitted birthdays and anniversaries to us.

### Birthdays

#### HAPPY HUNDREDS

Bob H. 101 on 10/30

#### NIFTY NINETIES

Jeanne M. 91 on 7/2

### Anniversaries

Jim and Marylyn S.

62 on 10/12

Joseph and Rosemary M.

70 on 7/2